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AYURVEDIC APPROACHES TOWARDS THE MANAGEMENT OF *KARNAROGA*

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ABSTRACT

Ayurveda is an ancient science that deals with health of mankind which is divided in eight branches *Kaya, Bala, Grah, Urdhvang, Shalya, Danshtra, Jara* and *Vrashiye. Urdhvang* word resembles the *Shirasah* or head which is considered as *Uttamang* because of its substratum of vital organs in which eyes, ear, nose, oral cavity and CNS is included. *Shalakya Tantra* mainly deals with anatomy physiology and management of *Gyanendriya* or sense organs. The organ of ear or *Shrotrendriya* is situated deep below the body surface which could not be seen without proper tools but we can Asses disorders of ear by *Ayurveda Roga* and *Rogi Pariksha* principals like *Darshana, Sparshana, Prashna Ashtvidha Pariksha* and other methods. The study highlights the potential advantages of using *Sthanika Upakrama* in contemporary healthcare practices by examining the technique and outcomes of using it as a holistic approach to ear health. Specialized techniques, including *Karna Pramarjana, Karna Abhyanaga, Karna Poorana, Karna Dhoopana,* and others, have been described by *Ayurvedic* researchers as having potential for treating hearing abnormalities. Given India's high rate of auditory impairment, these traditional therapies may be able to address current issues in auditory health. *Sthanika Upakrama's* integrated approach offers a thorough plan for managing and preventing ear-related conditions.

KEYWORDS: *Shalakya Tantra, Shrotendriya, Sthanik Upkrama.*

INTRODUCTION

Shalakya Tantra, deals with *Urdhwajatrugata vikaras*, which places considerable importance on the sense of hearing (*Shrotrendriya*). Prominent *Ayurvedic Acharyas* claim that one of the five *Mahabhootas* is prevalent in the genesis of each sense organ. The sensory substance is the primary producing component of the sense organ. The sensory substance is the source of *Shrotrendriya Aakasha Mahabhoota. Vayu* is in charge of normal hearing since both *Aakasha* and *Vayu Mahabhoota* are necessary for its correct operation.[1] For effective treatment of *Urdhvjatrugata vikaras Ayurveda Acharyas* explained various different procedures which are used locally and called *Sthanik Upkramas*. For ear treatments *Karna Abhyanga, Karna Swedana, Karna Prakshalana, Karna Pramarjan, Karna poorana, Karna Dhoopana, Karna Lepa* procedure are found in different *Ayurveda* texts the relevance of these *Sthanik Upkramas* emphesized in the study.[2]

According to the World Health Organization (WHO), around 63 million people in India have noticeable problems with their hearing. Predictions indicate that by 2050, more than 900 million people, or about 1 in 10 individuals, might have severe hearing difficulties.[3]

AIMS AND OBJECTIVE OF STUDY

An analysis of various *Sthanika upkramas* for *Karnagata roga* management.

MATERIALS AND METHODS

Numerous *Ayurvedic* literature, including *Brihattrayi, Laghutrayi, Yogratnakara,* and others, as well as medical journals and published articles, were examined, and all pertinent information was covered in this study.

Karnarogas Samanya Nidanas

According to *Yogratnakara* and *Acharya Vagbhatta* prolong exposure in *Osa(*humidity)[4], *Pratishyaya*, excessive swimming, excessive itching in ear, faulty and misuse of *Shashtras*(medical equipments) are main causes of *Karnarogas* and by these things vitiated *Vata* make way in *Karna Siras* and produce various *Karnarogas.*[5]

Karnarogas Samanya Lakshanas

According to *Acharya Charaka* vitiated *Vata* in *Karna* region produces *Karnanada, Karnashoola Karnamala Shushkata* and deafness while *Pitta Prakopa* produce *Karnashotha,*

Karnaraga, Vidirnata, and yellow discharge and *Kupita Kapha* is responsible for *Kandu, Shweta Snigdha Srava* mild pain and *Badhirya.*[6]

Karnaroga Samanya Chikitsa

According to *Acharya Sushruta Ghritapana, Rasayana Chikitsa, Mansras Sevana,* Avyayama (Low exercise), Ashirsahsnana (avoid head bath), Brahmcharya (celibacy), Akathhanam (avoid too much speak) speak are normal treatment of *Karnarogas.*[7]

Sthanika Upkramas* for *Karnarogas

Karna Abhyanga- Application of medicated oil over ear is called *Karna Abhyanga. Karna Abhyanga* should be done daily because it relieves ageing fatigue and passifies *Vata* and improve eye sight, body strength and longeivity as a specific *Sthanas* of *Vata* head, ear and feets are to be massaged every day.[8]

***Karna Abhyanga* indications**- *Karnashoola, Karnanada, Badhirya.*

Karna Swedana- *Swedana* is a therapeutic procedure that involves inducing sweat to detoxify the body and alleviate various ailments**.** When it is done over ear it is called *karna swedana.*[9]

***Karna Swedana* indications-** In *Vataj Karnashoola* before *Sneha Karma, Swedana* should be done but in *Kaphavritta Vataja Shoola* then *Ruksha Sweda* can be used.

Karna prakshalana –*Karna Prakshalana* or *Karna Dhavan* means washing the ear by medicated fluid although it is not clearly described in *Ayurveda* texts that by which method *Karna Prakshalana* is to be done but in contemporary science the method which is available can be done by various medicated fluids made by *Ayurveda* herbs and other liquids available in classical texts.[10]

***Karna prakshalana* Indications** -According to *Acharya Sushruta* in *Karnasrava, Putikarna,* and *Krimikarna, Karnaprakshlana* can be done by *Rajvrikshadi Gana* or *Surasadi Gana* or *Arkadi* or *Lakshadi Gana Aushdhi Dravyas* because these *Dravyas* have *Vranashodhaka* properties and in *Karnapaka Karnaprakshalana* being done by *Nyagrodhadi Gana Aushadhi Dravyas* like treatment of *Pittaja Visarpa* while according to *Yogratnakara* text *Karnaprakshalana* is to be done either by *Gomutra* or *Panchkashaya Dravyas Haritki, Amalaki, Lodhra, Manjishtha*, and *Tinduka.*[11]

Karna prakshalana Probable Mechanism- *Karnaprakshalana* works by wiping out various foreign bodies from *Karnavaha Srotasa* and acts as *Vranashodhana*.

Karna Pramarjana- *Karna Pramarjanam* means cleaning of the ear by mopping. *Karna Pramarjana* is a procedure involving the cleaning of the ear using cotton or gauze. there are six types of cotton made *Shalakas* which are called *Karpas Kratoshni Shalaka* used for *Karna Pramarjana*. *Aushadhi Dravya*, such as *Sneha*, *Churna*, *Kshara*, *Arka*, and *Mutra*, can also be applied to the ear using a "*Pramarjana Yantra.*[12]

Karna Pramarjana **Indication-** *Karna gutha/Karnavit, Karna srava,* any *Vrana* inside the ear *Krimikarna, Karnagata shalya, Puti karna.*

Karna Pramarjana **Probable Mechanism-** *Karna Pramarjana* serves to purify the *Karnavaha Srotas* by eliminating earwax, moisture, and impurities. This dry mopping technique effectively clears the ear canal, ensuring unobstructed sound conduction. It also maintains the normal pH of the external auditory canal, promoting optimal ear health and function.

Karnadhoopana- Application of medicated fume to the ear canal is *Karnadhoopana*. *Karna Dhoopana* is done by *Karnadhoopan Yantra*, *Dhoopana Dravyas* should be kept and burn in *Yantra* and *Dhooma* is administering in ear by a tube to the ear canal.

Karnadhoopan Dravyas- In *Putikarna* and *Krimikarna* according to *Acharya Sushruta* and *Vagbhatta* by seeds of brinjal. And to remove bed odour by fume of *Guggulu* and to eliminate *Bala Grahrogas Ghrita, Pippli, Dhaan,* monkey hairs and skin *Sarshapa, Kustha, Ela* fume can be used.

Karnadhoopana **Indication-** *Kaphaja Karnashoola, Karnashweda, Karnasrava, Putikarna, Karnashoola*.

Karna Pichu- *Pichu* has many meanings, but here it means cotton, a small piece of cotton or cloth folded and spread out, which is placed on a wound or any part of the body or any external source of the body for medical treatment is called *Pichu.*[13]

Pichu **has two functions**

1. It absorbes the secretion from the place where it is placed.

2. If *Pichu* is placed on any part of the body after applying medicine. Than it provides the properties of medicine to the place.

***Karna Pichu* Indication-** *Karnasrava.*

Karnapoorana- Filling of ear by medicated liquid for therapeutic purposes is called *Karnapoorana.*

***Karnapoorana* Indications-** to cure diseases of *Karna, Kantha* and *Shirah* or to protect the health of ear throat and head.

Time and duration of *karnapoorana-* Filling the ear with *Swarasa* is to be done before meals and with oil *Karnapoorana* is being done on sunset time. For *Karnarogas Karnapoorana Dharana Kala* is "*Shat Matra Kala"* for *Kantha Rogas* it is "*Panchshat Matra Kala"* and for *Shiroroga "Sahastra Matra Kala*".[14]

Benefits of *Karnapoorana/Karnatarpana-* By filling the ears with oil daily there will be no occurance of *Karnarogas* originated by *Vata Manyastambha, Hanugraha,* Ucchhaishruti (Partial/High threshold hearing loss) or *Badhirya.*[15]

Karna Lepa- Application of medicated paste over ear is called *Karna Lepa.*

***Karna Lepa* Indication-** In case of *Karnapaka sheeta Aalepa* should be done over ear.[16]

DISCUSSION

Although traditional writings do not provide comprehensive information regarding *Sthanika upakrama's* indications, contraindications, procedures, durations, and mode of action with regard to the ear, their application is frequently deduced from general principles employed elsewhere in the body. When several *Doshas* are out of balance, it becomes important to combine several local therapies such *Sthanika abhyanga, Pinda sweda, Karna poorana, Karna dhoopana* (also known as *Karna Pramarjana, Karna Prakshalana*, and *Karna Dhoopana*).

CONCLUSION

In the *Karna Rogas,* recognizing the *Nidana* and *Nidana Parivarjana* is crucial. To prevent *Karna Rogas,* we should adopt treatment practices like *Karna Abhyanga* and *Karna Purana,* which are explained as part of *Dinacharya,* into our daily lives. According to *Ayurveda,*

Sthanik Upkramas are an example of a successful treatment for Karnarogas. Internal medicine minimizes the recurrence of diseases by acting as *Dipana, Pachana, Vata Anulomana,* and *Rasayana.* As a result, we may conclude that *Ayurvedic* treatment for *Karna Rogas* alleviates the root cause of *Doshas* and resolves the issues systemically. *Karna Rogas* can be easily, safely, and effectively treated with *Ayurveda.*

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